

Diabetes Numbers^{*}

At-a-Glance

1. Criteria for Diagnosis of Diabetes

Fasting plasma glucose	≥ 126 mg/dl ¹
Random plasma glucose	≥ 200 mg/dl ¹

¹Repeat to confirm on subsequent day

2. Glycemic Control Goals for Type 1 or Type 2 Diabetes

Level of Control	Hemoglobin A _{1c}
Excellent	< 7 %
Good	≤ 8 %
Take action	> 8 %

Self-monitoring Blood Glucose (BG)

Preprandial BG goal:	80 - 120 mg/dl
Bedtime BG goal:	100 - 140 mg/dl

3. Management Schedule

At every visit:

- Measure weight and blood pressure.
- Perform foot exam (high risk feet).
- Review self-monitoring BG record.
- Review/adjust medications.
- Review self-management skills, dietary needs, and physical activity.
- Counsel on smoking cessation.

Twice a year:

- Order HbA_{1c} in patients meeting treatment goals with stable glycemia (quarterly if not).

Annually:

- Order fasting lipid profile, serum creatinine urinalysis for protein and microalbumin.
- Order dilated eye exam, dental exam, and influenza vaccine.
- Perform foot exam (low risk feet).

^{*}The numbers are based on American Diabetes Association Clinical Practice Recommendations. *Diabetes Care* 21 (Suppl. 1): S23--S39, 1998.

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4. Category of Risk Based on Lipoprotein Levels in Adults

Risk	LDL	HDL	Triglyceride
	Cholesterol (mg/dl)	Cholesterol (mg/dl)	
Higher	≥ 130	< 35	≥ 400
Borderline	100-129	35-45	200-399
Lower	< 100	> 45	< 200

5. Treatment Decisions Based on LDL Cholesterol Levels in Adults

Medical Nutrition Therapy			Drug Therapy	
	Initiation Level	LDL Goal	Initiation Level	LDL Goal
With CHD, PVD, or CVD	> 100	≤ 100	> 100	≤ 100
Without CHD, PVD, and CVD	> 100	≤ 100	≥ 130	$< 130^*$

Data are given in mg/dl.

*For diabetic patients with one or more CHD risk factors, some authorities recommend an LDL goal ≤ 100 mg/dl.

6. Hypertension in Adults with Diabetes

	Systolic mmHg	Diastolic mmHg
Definition	≥ 140	and/or ≥ 90
Treatment Goal	< 130	< 85



For more information, call 1-800-438-5383 or visit our web site at <http://ndep.nih.gov>. The National Diabetes Education Program is a joint program of the National Institutes of Health and the Centers for Disease Control and Prevention.